








Belgrade Senior Center
92 E. Cameron Ave
Belgrade, MT 59714

Belgrade Senior Center November, 2019 Activities

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|--|---|
|  | |  | |  | 1 8 am Yoga 9 am Movement in Motion 12:30 pm Pinochle | 2  |
| 3 | 4 9 am Movement in Motion 12:45 pm Line Dancing 1:30 pm Walking Class | 5 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot | 6 9 am Movement in Motion 9 am Needleaires 12:45 Mahjong Bread Available | 7 8:30 am Pinochle 12:45 pm Bingo | 8 8 am Yoga 9 am Movement in Motion 12:30 pm Pinochle | 9 |
| 10  | 11 Veteran's Day 9 am Movement in Motion 12:30 pm Scrabble 12:30 pm Cribbage 12:45 pm Line Dancing 1:30 pm Walking Class <u>Veterans Eat Free</u> | 12 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot <u>11:30 am Red Rockers @ Hong Kong City</u> | 13 Birthday Celebration 9 am Movement in Motion 9 am Needleaires Bread Available 12:45 pm Mahjong 1 pm Cooking Class | 14 8:30 am Pinochle 12:45 pm Bingo | 15 Around the World: Japan 8 am Yoga 9 am Movement in Motion 12:30 pm Pinochle | 16 POT LUCK & GAMES |
| 17 | 18 9 am Movement in Motion <u>1 pm Board Meeting</u> 12:45 pm Line Dancing 1:30 pm Walking Class | 19 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot | 20 9 am Movement in Motion 9 am Needleaires Bread Available 12:45 pm Mahjong | 21 8:30 am Pinochle 12:45 pm Bingo | 22 8 am Yoga 9 am Movement in Motion 12:30 pm Pinochle Around the World: Japan | 23 QUILTING |
| 24  | 25 9 am Movement in Motion 12:45 pm Line Dancing 1:30 pm Walking Class | 26 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot | 27 9 am Movement in Motion 9 am Needleaires Bread Available 12:45 pm Mahjong | 28 CLOSED FOR THANKSGIVING | 29 CLOSED FOR THANKSGIVING | 30  |